



# NOVEMBER 2017 HEARTY MENU



PROVIDED BY BARRY COUNTY COMMISSION ON AGING 269 948-4856

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sweet & Sour Chicken  Brown Rice  Cauliflower  Peas  Banana	2 Roast Beef Mashed Potatoes & Gravy Broccoli Dinner Roll Apple	3 French Toast Sticks Turkey Sausage Links Roasted Red Potatoes Applesauce Orange Juice
6 Baked Chicken Thigh  Stuffing Mashed Potatoes & Gravy Green Beans Fruit Cup	7 Baked Tilapia Brown & Wild Rice Baby Lima Beans Malibu Blend Vegetables Raisins	8 Sweet & Sour Meatballs Brown Rice Cauliflower Mixed Vegetables Apple	9 Pizza Casserole (Pork) Diced Carrots Broccoli Banana	10 <b>VETERANS' DAY</b>  <b>COA CLOSED</b>  <b>NO MEAL DELIVERY</b>
13 BBQ Chicken Thigh Baked Potato Mixed Vegetables Raisins Fruit & Grain Bar	14 Ham Sweet Potatoes Corn Applesauce Fruit & Grain Bar	15 Alaskan Stuffed Salmon w/Dill Sauce Baked Potato Broccoli Animal Cracker Apple	16 Hamburger Baked Beans Broccoli Bun Banana	17 Swiss Steak Mashed Potatoes & Gravy Southern Greens Cornbread Orange
20 Country Fried Steak Mashed Potatoes & Gravy Malibu Blend Dinner Roll Apple	21 Tuna Noodle Casserole Sweet Potatoes Corn Orange Fruit & Grain Bar	22 Roast Turkey Stuffing Mashed Potatoes & Gravy Green Bean Casserole Pumpkin Pie	23 <b>THANKSGIVING</b> <b>COA CLOSED</b>  <b>NO MEAL DELIVERY</b>	24 <b>THANKSGIVING</b> <b>COA CLOSED</b>  <b>NO MEAL DELIVERY</b>
27 Bourbon Chicken Brown Rice Butter Beans Brussels Sprouts Fruit Cup	28 Potato Crunch Pollock Roasted Red Potatoes Mixed Vegetables Dinner Roll Orange	29 BBQ Meatballs Rice Peas Cauliflower Apple	30 Roast Pork with Gravy Baked Potato Malibu Blend Vegetables Dinner Roll Banana	<b>Your donation helps us feed more seniors!</b>  <b>948-4856</b>